000402 - Trail Mix CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: No HACCP Process	Meat/Alt:				? - Milk
Number of Portions: 25	Grains: 1 oz				? - Egg
Size of Portion: 1/2 Cup	Fruit:				? - Peanut
	Vegetable:				? - Tree Nut
	Milk:				? - Fish
					? - Shellfish
					? - Soy
					? - Wheat

Ingredients	Measures	Instructions
902984 CEREALS RTE,GENERAL MILLS,CHEERIOS,BANAN 902993 RAISINS, SEEDLESS, NOT PACKED	10 cups 8 3/4 cups 21 3/8 cups	1. Mix all ingredients together in a large bowl and portion into 1/2 cup portions.

*Nutrients are based upon 1 Portion Size (1/2 Cup)

					, a a a a a a a a a a a a a a a a a a a	(·/ - /		
Calories	420 kcal	Cholesterol	8 mg	Sugars	*4.9* g	Calcium	123.87 mg	17.99% Calories from Total Fat
Total Fat	8.39 g	Sodium	448 mg	Protein	6.92 g	Iron	4.87 mg	3.53% Calories from Saturated Fat
Saturated Fat	1.65 g	Carbohydrates	81.56 g	Vitamin A	*266.7* IU	Water ¹	*0.33* g	0.00% Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	5.83 g	Vitamin C	*9.2* mg	Ash ¹	*0.52* g	77.75% Calories from Carbohydrates
								6.59% Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

- * denotes combined nutrient totals with either missing or incomplete nutrient data
- ¹ denotes optional nutrient values
- ² Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.